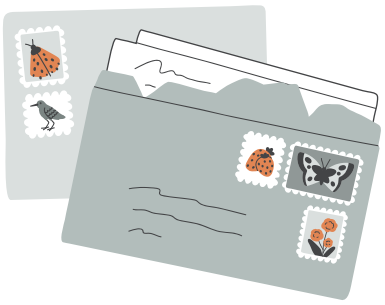
Name _____ Date _____

A LETTER TO MY YOUNGER SELF

Consider a problem or challenging situation that you faced when you were younger. Then, write a letter to yourself at that age. How would you comfort yourself? Is there any advice you would offer your younger self? How might you put things in perspective, knowing what you know now?



TAKE IT FURTHER!

How could you use this practice of reflecting on your past experiences to help you with challenges that you're facing now or in the future?

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